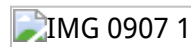


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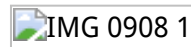
# 18 MAY MORE WOMEN SHOULD BE MADE AWARE OF CERVICAL CANCER PREVENTION



KUBANG KERIAN, KELANTAN, May 2015 - Cervical cancer is one of the contributors to the mortality rate among women in the country, where 6 per cent of the 1,500 people diagnosed with this type of cancer died each year.

This was stated by Professor Dr. Nik Hazlina Nik Hussain, a lecturer from the Women's Health Development Unit, School of Medical Sciences, Health Campus, Universiti Sains Malaysia (USM), when delivering a talk on Cervical Cancer Prevention Awareness to the National Kenaf and Tobacco Board PUSPANITA delegation here recently.

Nik Hazlina added, cervical cancer is the most frequently occurring female reproductive organ cancer and the second most common cancer among women after breast cancer in developing countries including Malaysia. It can be prevented through Pap Smear Screening test.



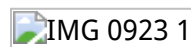
"In developed countries, this cancer is very rare because of the level of awareness and preventive measures in place, but in our country the incidence and mortality due to it is still high," she said.

Virtually all cases of cervical cancer are caused by a virus called the Human Papilloma Virus (HPV).

"Research showed that 99.7% of the cervical cancer is related to the HPV virus. There are more than 100 types of HPV viruses and they can be divided into low-risk HPV virus (non-oncogenic) that cause warts and high-risk HPV virus (oncogenic) which are closely associated with pre-cancer and cancer," she said.

Among the symptoms of cervical cancer are pain or bleeding during and after sex (post-coital bleeding) and vaginal bleeding between periods (inter-menstrual bleeding).

"Other symptoms include bleeding after menopause (post-menopausal bleeding) and occurrence of smelly watery vaginal discharge containing blood (bloody discharge)," added Nik Hazlina.



She said the most effective way of reducing the risk of cervical cancer is to prevent HPV infection. HPV is transmitted through sexual intercourse, hence practicing safe sex using condom can lower the risk of HPV.

It is also important to educate the public regarding healthy lifestyles such as reduce the number of sexual partners and stop smoking.

"Cervical cancer can also be prevented by undergoing screening tests and Liquid Based Cytology to detect cervical abnormalities that can turn into cervical cancer if not treated," she added.

According to Nik Hazlina, awareness about cervical cancer prevention among women in Malaysia has increased over the years but has not reached a satisfactory level, and many suffered from cervical cancer because they never undergo regular screening. - Translation: Tan Ewe Hoe/Text: Wan Salizawati Wan Ismail/Photos: Mohd Ridzuwan Ramly & Wan Ahmad Nizamuddin Wan Ahmad Sukri



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